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HALIBURTON COUNTY'S INDEPENDENT NEWSPAPER

The Highlander

Thursday 25 October 2012 | Issue 55

FREE



Photo by Warren Riley

The HHSS Red Hawks celebrate after winning the Kawartha Field Hockey championship on Oct. 22. For full story see page 15.

HHHS ready to face flu

By Matthew Desrosiers

It's flu season, and clinics across the county are busy administering the shot.

Haliburton hospital started vaccinating staff and volunteers on Oct. 15, and will continue offering the shot for the next week and a half to assure everyone has a chance to get it.

"We're very concerned that the staff have the maximum opportunity to receive this vaccination as caregivers," said Foster Loucks, Haliburton Highlands Health Services (HHHS) interim CEO. "In a hospital and in a long-term care facility, our caregivers are directly involved with a vulnerable population. It's very important that our staff participate in our program."

Despite heavy encouragement, the flu shot is not mandatory for health care workers.

"Vaccinations are not mandatory," he said. "At the present time we can't make them mandatory so we have to encourage the staff to take part through education."

The issue of mandatory vaccinations is being discussed on several levels, he said.

"There's discussion here, in the province and in the country about whether or not there should be a way to require these vaccinations," said Loucks. "It becomes a matter of balancing an individual's rights versus the need to protect a vulnerable population."

Some staff have medical reasons or allergies that prevent them from receiving the flu shot. There is also discussion around who is considered direct care staff.

"It's been raised as an ethical concern as to whether or not direct care staff should be required to have the shot," he said. "It's a slippery slope. Certainly it includes nursing staff, but maybe it should also include the housekeeper who is on the floor at any given time."

Loucks said if the flu shot were to become mandatory, the questions would need to be asked if visitors should also be vaccinated, or dietary workers, cleaners, and so on.

Residents of the hospital's long-term care facilities will be vaccinated.

Michelle Douglas, infection control occupation health nurse at HHHS, said everyone should get the shot unless specified by their physician.

See "Staff" on page 20

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Council helps Fill the Truck

By Will Jones

Dysart council has agreed to play its part in filling the truck, that truck being one of those organized by John Teljeur and The Food Crusade.

Council pledged to begin a collection at its Oct. 22 meeting following a delegation brought by Alex Bell and The Food Crusade. The initiative will see trucks visiting Minden, Haliburton and the surrounding area to pick up food donated by local people and businesses on Nov. 7, for distribution by the local food banks.

Pledges already made by local businesses include 150 lbs by Kashaga Paint Design, 100lbs by Lochlin Services, 200 lbs by That Place in Cameron, 500 lbs by Canoe FM and many more.

Bell told council of the great support the initiative is getting.

"Initially we estimated collecting around 400 lbs of food but we're already at 3,370 lbs pledged, which is fantastic," he said, before going on to tell how Teljeur has

consolidated all four local food banks in order to make the best use of food and resources.

"John thought it just made so much more sense to pool the resources of the food banks in order to best help the almost 1,000 people who are registered to food banks in the area."

Teljeur has also recently been asked to sit on the board of Ontario Association of Food Banks.

Reeve Murray Fearrey congratulated Bell on the work done to date and then councillor Andrea Roberts asked where the donated food would be sorted.

"We hadn't got that far," said Bell.

Council suggested the arena lobby could be used.

"OK, we're in, we'll ask our various departments to start collecting," said Fearrey. "We'll talk to Parks and Rec about allowing you into the arena, too."


If anyone else wants to get involved in the Fill the Truck food drive go to www.foodcrusade.com, fill out a registration form and get collecting.

Museum director retires after 27 years

Thomas Ballantine, director of the Haliburton Highlands Museum, is retiring. Ballantine steps down from his post at the end of October following 27 years with the museum.

"When I came here the operation needed a lot of work and my colleague Steven Hill and I have managed to build up an excellent collection that means a lot to us and the local community," he says.

"In 2006 we also had the privilege to put together the book, *Haliburton: a History in Pictures*. You can still pick up a copy at the museum."



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Highlander news

MH calls for rental reno

By Mark Arke

Chris Voth, environmental and property operations manager for the Township of Minden Hills, has recommended that council move forward with renovations to a township-owned property at 2 Prince Street.

"There are a lot of items on the house that need to be done to bring it up to spec," said Voth, who recommended that council award a tender to WinMar of Peterborough and the Kawartha to renovate the property for \$13,593.72. The funds would come out of the property maintenance budget.

The township purchased the property in February 2008.

At an Oct. 11 committee-of-the-whole meeting, Voth reported that the building's crawlspace isn't insulated, there's water damage to the walls and floor, and that old carpeting needs to be replaced.

Ward 1 Councillor Brigitte Gail wanted to know how much revenue the property is generating for the township before approving the expenditure.

"The previous amount it was rented for was \$7,200 per year plus utilities," he said.

Reeve Barb Reid agreed that it is a considerable amount of money to spend, however there is a need for affordable rental housing, especially in Minden Hills.

"It would put some rental accommodation back into circulation in our downtown area," said Reid. "We're trying to get people into the downtown area."

Voth added that he has been approached by several employers who want to know when the property would be ready.

"It's pretty important," he said.

According to Reid, the most recent tenant in the one-bedroom home moved out last winter due to its condition.

"We discovered some problems in the basement and the pipes kept freezing," she said. "It just wasn't working for the tenant."

The township received one bid for the tender, which was made public on Sept. 13.

A decision on Voth's recommendation will be made at the Oct. 25 council meeting. Should it be approved, the property is hoped to be ready by December.

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Glebe Park applies for Trillium funding

Dysart council has given the go-ahead for the Glebe Park committee to submit an application to the Trillium Foundation for funding to support the development of the park and the Head Lake Trail. The committee is asking for \$38,700 from the Foundation, to add to \$29,600 from council, \$5,400 from partners, and a \$6,000 in-kind contribution, for improvement and development works.

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Editorial opinion

Shot in the arm

It's flu season, and we all know what that means.

That lady behind you in the grocery lineup, coughing her lungs out, might have just caused you a week's worth of pain and unfortunate symptoms, keeping you from work, family and friends.

Your kid, returning from school having trussed all sorts of germ-infested toys and door handles, is unwittingly bringing devastating illness into the home to spread and infect the residents there.

Enter.

It's influenza's ability to jump from carrier to carrier that makes it such a pain to deal with. You can't really go anywhere without the chance of being infected.

Enter the flu shot.

The shot is designed to give your system a little taste of the flu, preparing it for the battle ahead. It's a personal choice people make to either be protected, or risk it alone.

But when should personal choice be taken out of the equation?

Health care workers are not required to get the flu shot. Most of them do, but some choose not to. Either for personal reasons or medical (allergies, for example), they do not take advantage of the protection the shot can provide.

What makes this so tough is that these people are dealing with a population that is vulnerable to infection. Can a patient who is recovering from surgery handle an encounter with an infected nurse? What about a doctor who does a round in surgery, leaving the virus to infect everyone in his or her wake?

The conversation goes right down to the environmental: how clean are those rooms for new patients. If they're infected with the flu, how clean are those rooms,

really?

These situations may not happen often, as most people in the hospital take advantage of the vaccination clinics, but they are possible due to the lax policy on flu shots.

Is it fair to tell someone who has an allergy to a flu shot derivative that they can't work at the hospital if they don't get the shot? Not really. But it's still the right course of action. The risk to patients and residents is too high. It's not fair to ask them to risk their health because of someone's inability to accept a vaccination.

If you aren't able to meet the requirements of the job, you shouldn't be working there. Unfortunately for some nurses, doctors, secretaries and cleaners, a requirement to working in a hospital should be that you pose no risk to patients.

Those people who do not get vaccinations pose a risk. Hospital administration will tell you so, and it's a discussion they're having.

It can be hard to cross a line and infringe on a person's rights because of their job. But when not doing so impacts someone else's life, it becomes a no-brainer.

The flu can kill a healthy person, let alone someone elderly or already struggling against other illnesses. If a healthcare provider wants to offer the best care possible and protect its patients and long-term care residents, flu shots should be mandatory across the board. That goes for visitors too.

In this season, it's not worth the risk.



By Matthew Demore

Photo of the week



Photo by Lynn Goldman

Tucker enjoying a graze on a pleasant fall day.

Time travel

Marvellous is a word not often used to describe proposals emanating from our municipal council. Fireworks bans may be provocative; tree-cutting by-laws could be considered bold, or overreaching, depending on your point of view; just as an airport expansion could be termed either visionary or folly, perhaps even both at the same time.

But marvellous is the first word that comes to mind when contemplating a time capsule to be placed under a soon-to-be installed clock in the centre of Haliburton Village.

Time capsules are an old idea. The original versions were decidedly ostentatious, Pompeii being perhaps the best example — an entire civilization frozen in time beneath the ashes of an ancient volcano. Even earlier were the pyramids, built on top of elaborate burial chambers containing treasure troves of then-contemporary articles and information for the occupant to enjoy in the next life.

Purpose-built time capsules emerged only recently, the first being one buried at the 1939 New York World's Fair, according to some, or in 1834 in Madrid, according to others. As many capsules have long been forgotten, nobody really knows, but it does seem that our fondness for introspection and nostalgia increased sharply only in the last century, a period that saw the things multiply like gopher holes.

According to the International Time Capsule Society, there are approximately 10,000 capsules scattered around the world. The pessimistically-named Crypt of Civilization in Atlanta is perhaps the one with the longest expiry date: 8113 A.D. Much more popular are capsules with open-on dates fifty or so years into the future, when there's still a chance that those who assembled the artefacts will be around for the big reveal.

I had a time capsule. Of course I had a time capsule. It was sealed on December 31, 1979, at the dawn of a new decade, a moment that seemed important to my 11-year-old self. In it I placed a Radio Shack catalogue (with an extra copy of the page advertising the miraculous 4K — that's kilobyte — "pocket" computer that weighed about two

pounds and could basically add up your grocery bill), a letter to myself (it wasn't easy being an 11-year-old existentialist), a TV guide and various other artefacts. I had intended to open it

in 2000, but the impatience of youth got the best of me and it was unsealed in 1984 to be replaced with another one in honour of George Orwell (angst of the teenage years). I managed to leave that one alone until the turn of the millennium and was rewarded with a pristine Rubik's cube and other random memorabilia.

The Society has some guidelines for time capsules. They suggest having a single person directing the project and including items with human dimensions like personal letters and photographs, because they are often what best transmit the flavour of place and time but rarely are well-preserved. Electronic media should be avoided as it can degrade or become difficult to use as technology evolves. Interestingly, they advise not to bury the time capsule — many apparently get lost that way, best to clearly mark the location above-ground.

Putting together a time capsule is an act of self-reflection and optimism. I can't think of a better way for us as a community to consider our place in the world, our world's place in time. Involving cottagers for the different perspective they can offer on both is a brilliant way to sharpen the picture, often things are more clearly seen when examined from alternate points of view.

And the timing couldn't be better. The completion of the new village streetscape is the perfect moment for this kind of community effort: the rededication of a town and a community, a farewell to the past and welcome to the future. It could be done in time for Canada Day.

But we'd better get started. Moments are fleeting, even for time capsules.



By Brian Lebo

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TheHighlander

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Letters to the editor

An open letter to Algonquin Highlands council

To the editor,

Subject: Request for Proposal (RFP #2012-005) Land Use and Development Plan and Marketing Strategy for the Haliburton-Stanhope Airport.

Heat-Line Freeze Protection Systems' decision to build a manufacturing facility at the Stanhope Airport/Business Park in 1999 was influenced by the township's 1984 'Airport Master Plan' which envisioned enhanced infrastructure, services and runway capacity, as well as the County of Haliburton's Economic Development Marketing Plan (1999)... "The municipal lands adjacent the Stanhope airport are one of the County's strongest opportunities to encourage 'high tech' development."

Embracing the "vision" of a vibrant business park, Heat-Line Corporation has grown to become a global leader in the research, development and manufacture of freeze protection technologies. In 2009, LIMNION Corporation was formed and is also rapidly gaining a position as a global leader in the development and manufacture of geothermal technologies.

Heat-Line and LIMNION represent the 'high tech' businesses (and employment opportunities) that the airport development had promised. Regrettably, the 'vision' and

'business plan' that would have drawn other businesses and have supported our growth has stalled as the plans for the future of Stanhope Airport and Business Park have stagnated.

As a result, we have repeatedly delayed the construction of a second manufacturing facility. We must move forward. Both Heat-Line and LIMNION require additional (substantial) building space to house our expanding research and product development division, our manufacturing facility, and the additional personnel that are required.

While we are cautiously moving forward with the construction of a dedicated research facility at this location, the ongoing delays in the completion of supporting airport infrastructure (despite the positive support of multiple development studies, economic impact studies, environmental assessments and substantial government grants) has forced us to face the grim reality of looking outside Haliburton County for more suitable and responsible locations for our expansion.

The recent RFP (RFP#2012-005 dated October 2, 2012) issued by Algonquin Highlands suggests that little will change in the future. While researching the many previous reports and studies, we have found that key criteria (including enhanced runway access and capacity, which would attract new businesses) are to be ignored as the current emphasis is

the relocation of existing jobs from within the County. The pursuit of new employment opportunities must again be the primary focus.

As a ratepayer and business owner, I plead that council immediately rethink their current direction.

As a father, I encourage other parents in the township and county to show support for this "soon to be lost" opportunity to secure the employment opportunities (stable and well-paying) that our children so desperately need.

Considerable money and time has already been spent and the results clearly support the original development plans for the airport. The success of Heat-Line and LIMNION demonstrate that given a stable environment that recognizes the value of a modern airport facility, high tech companies with global markets can thrive and grow in Haliburton County.

I urge you to recognize the "Stanhope Airport and Business Park" as the valuable asset it represents. Let us work together to ensure its progressive and continued growth.

Lorne Heise
President and CEO
Heat-Line Corporation/LIMNION Corporation

Not-so wise advice

Dear editor,

Laura Mount's letter of Oct. 16 is urging your readers to buy one of the "very expensive pick-up trucks" for use in the Highlands because of the "lifestyle here."

No, please tell Miss Mount that a "fancy pick-up with all the bells and whistles" is not a smart purchase, unless of course one is a self-employed construction entrepreneur who has to lug tools and material all day from one site to the other.

Also, let her remember the correct blocks she will have to load (more gas to buy) in the box to give snow traction to her light-ended pride and joy.

Personally, never mind my poor macho image. I have opted for a small Hyundai with plenty of power to spare and a miser on gas.

For lugging stuff around (three trips a year to the dump, my snow machine or ATV to the repair shop, a rare bit of lumber from the village) I carefully use a light-weight four by eight utility trailer that my small car easily handles on short local trips (what other kind of trips are there?).

Do I also detect a slight tinge of patronizing in her urging me to "go out there and work for" her favourite gas-guzzler?

Mr. Charles Lutz
Haliburton

Thank you for your support

Dear editor,

The Highlands East Fire Department would like to thank all of those people who helped us support the victims of domestic violence last Saturday. Without your support and financial assistance we would not have been able to help shine a light on an all too serious challenge. Although the event was held in Minden, domestic abuse is a global issue and, at the very least, impacts all of Haliburton County. Because we are also first responders, sometimes we get to see the damage in a way that drives this point home.

Saturday also gave us the opportunity to join with many other men to show that in every cloud there can be a silver lining. We hope that some of the victims were able to see what we were doing in our red shoes, the dedication that was being expressed and the compassion that we have for their situation. And, maybe, just maybe, we were able to ~~think a smile on a face that could often feel~~ very little to smile about.

Cec Ryall
Highlands East Fire Department

Tell us your opinion, send your letters to the editor
matthew@haliburtonhighlander.ca

The Outsider — Lookin' good

Seeing your everyday surroundings through different eyes can be an enlightening experience. This was my goal when I began to write the Outsider column many moons ago: to put forth the newcomer's perspective of Haliburton County and its many and varied traditions and traits. I hope I have done that, and that I am still doing so to some extent. But one thing worries me. Am I already becoming too accustomed to my as yet relatively new Canadian home?

The reason for this concern is that my parents are visiting at the moment and more than once I have brushed off their excitement at some local phenomenon with alarming ease. I've pooh-poohed their wonder without a second thought, until now.

Case in point: we were driving back to Haliburton from the airport and my mum remarked at how beautiful the autumn leaves were.

"Pah!" I snorted. "You should have seen them a couple of weeks ago, then you'd have had something to shout about."

Mum fell silent for a moment or two but then, as mums are apt to do (because they have a perfect motherly right to do so with their kids) she came back at me: "Well, I think they're lovely right now. Don't be such a grinch."

It was my turn to stop and think. As we drove I looked out across the landscape, at fields green and gold, at forests a medley of verdure, muted orange, brown and yellow and it did look really wonderful.

I smiled on the inside at my mum's verbal jab in the ribs, and at the gentle wake-up call that had given me. Then, I turned to her and said: "Yeh, but they were still loads better before you arrived!"

I guess the cheeky little boy in me still shines through when my mum sets me straight on a thing or two.

It wasn't long before my dad was at it too. "Look! A red squirrel," he called from across the garden. "Come and see, it's a RED squirrel!"

This time even Little Z joined in. As we sauntered across to where my dad stood, he chirped up in his best sarcastic tone: "but granddad, all squirrels are red."

I grinned and joined in taunting my father: "Yeh, granddad, don'tcha know, all squirrels are red."

"That may well be the case here in Canada, little chap," came the reply (he was talking to Little Z, not me), "but in England red squirrels are very rare and you are very lucky if you ever see one."

Little Z was immediately impressed and intent upon showing his granddad more red squirrels.

My dad shot me a withering glance and said: "don't you go taking all this for granted, my son," before sweeping Little Z into his arms and embarking on the squirrel search and see mission.

I rolled my eyes and looked heavenwards, straight up into a space where a little red critter chirped and chattered at

me. I couldn't believe it. I was being chastised by the very wildlife I had just mocked my father about.

And so it went on.

I moaned about the beavers that have built a dam across the river at the bottom of the garden. My parents immediately insisted upon going to see said dam and then tore a strip off of me for my lack of appreciation for the wonders of nature in my new home.

I moaned about having to drive around Lake Katchewanewigan and the state of the road as we did so. I was promptly told to "shut up and enjoy the wonderful view."

I even grumbled about the cost of maple syrup one morning as we sat at the breakfast table. No one said anything, my dad simply picked up the bottle and poured a second helping onto his pancake. "Lovely though isn't it," he said with a smirk.

Having my parents here is a wonderful thing. They have helped reawaken my appreciation of all things glorious that adorn our everyday lives here in Haliburton County. I am re-energized. I am amazed anew by my Canadian home.

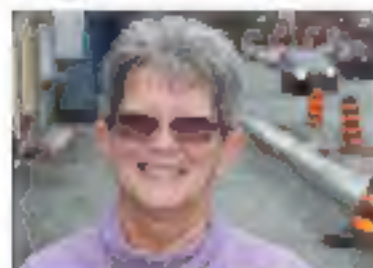
I am also hoping that my editor has read to the end of this column without first firing me for no longer seeming like The Outsider that I purport to be!



By Wil Jones

Highlander opinions

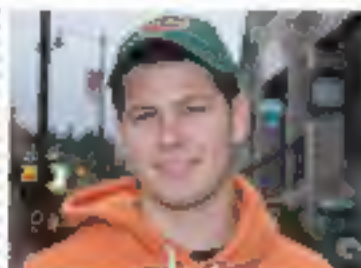
Eye on the street: Will you be getting your flu shot this year?



Bruce Shephard

Minden

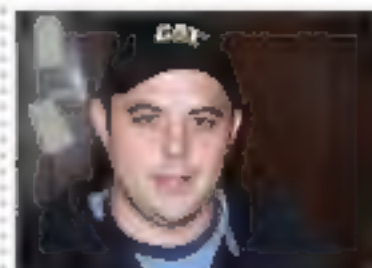
No I am not. I believe I have a strong immune system that should be able to ward it off.



Rusty Paul

Minden

Not too likely but if I am at my doctor's office he seems to get it in my arm before I even ask for it.



Ryan Newbatt

Minden

I honestly do not know. Never had it before but I am thinking about it because I do not want the flu.

Arla Pollard

Minden

Oh! I already got it so that I do not get sick every year. I like to stay healthy.



Julian Barry

West Gullford

No. I think it is a waste of time. It seems that most people that get their flu shot get the flu right after anyway.



Students look at future of food

By Lisa Harrison

Third-year Trent University health geography students received a thorough grounding on food security – ensuring access to good food for all – at the Innovative Models in Rural Food Security in Haliburton County panel on Oct. 17.

Held at Haliburton Highlands Health Services, the event provided critical information for students to apply in developing new county food security models under the guidance of Associate Professor Mark Skinner and U-Links Centre for Community-Based Research, which sponsored the event with SIRCH Community Services.

Food security expert panelists included Mary-Lou Mills of the Haliburton, Kawartha, Pine Ridge District Health Unit, John Teljeur of JT's Food Crusade, and Gene Robertson and Daniela Pagliaro of SIRCH.

Statistics Canada sets the poverty line at approximately \$23,000 annually for a family of four, said Mills, adding single-parent families, low-income working poor and seniors are at highest risk.

"Those at the greatest risk for poverty are children in low-income-earning, lone parent families that are led by females," said Mills, adding there are 550 low-income families in the county and almost 74 per cent of them are led by females.

According to Mills, 2006 Ministry of Education statistics showed grade school children below the poverty line accounted for 40 per cent of students in Haliburton, 44 per cent in Minden, 45 per cent in Wilberforce and 69 per cent in Cardiff.

The provincial average is currently 16.5 per cent, said Mills.

"When the body isn't being nourished properly, that compromises their health and their development," she continued, adding children living in poverty are more likely to have behavioural problems and drop-out rates are higher.

Mills cited low-paying jobs, low education levels, lack of



Photo by Lisa Harrison

John Teljeur of JT's Food Crusade.

public transportation, the "huge" lack of affordable housing and poor access to affordable/available day care as major issues affecting poverty levels.

Teljeur expressed his frustration over the cycle of poverty in the community, noting the likelihood that someone who goes to school hungry probably won't go far in school, will end up with a low-paying job and be forced to raise his or her own children in poverty.

"I can never get over the fact that we live in a community that has poverty, more than our per capita share," said Teljeur, who operates 10 community gardens outside of his own day job.

His current crusade, the Fill the Truck Food Drive, had reached 3,100 pounds of pledged food donations at press time compared to the 400 Teljeur had originally hoped for.

On Nov. 7 the total collected from local businesses will be delivered to the four county food banks.

Teljeur said the county has many good programs to improve food security but much more work is needed, including

partnerships among community groups.

"Most programs are about poverty alleviation, not reduction," said Robertson, explaining the former includes food banks, community kitchens and affordable housing, which make living in poverty easier but don't reduce it, while poverty reduction models increase income.

"When you're looking at this project, I want you to think in terms of both," she told the students.

Robertson said SIRCH reviewed the monthly disposable income of low-income parents after fixed costs a few years ago, and most had less than \$200, or a total of about \$6.50 per day for a family of four, which results in cheap and unhealthy food choices.

Robertson and Pagliaro outlined several SIRCH models, including the community kitchen programs in Haliburton where food is cooked and frozen by volunteers and distributed to working poor families as well as seniors and others in need. Pagliaro said the community kitchen program will launch in Minden soon.

"So what we want to do is expand our capacity to create healthy food and to get healthy food to the families that need it in a way that's respectful and in a way that builds skills and capacities in the communities, in the families, in the individuals," Robertson summarized for the students.

"You need a variety of approaches to how you create food security for people and then also how you create the opportunities for them to get out of poverty."

She encouraged the students to look internationally for solutions.

"Our intent would be if we find a viable model that we would actually implement it here."

The students will submit their reports in early December. Skinner, U-Links and SIRCH will review them and release the results in the New Year.

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Highlander news

Time capsule competition

By Will Jones

What would you put in a time capsule that would reveal the stuff of life in 2012 Haliburton when it is opened in 50 or even 100 years?

It's a good question and one that Dysart council may well be asking the community to think about very soon.

At the council's Oct. 22 meeting Brian Nicholson, director of public works, made the suggestion that a time capsule be planted under the sidewalk of Highland Street.

"It's a relatively easy and inexpensive item and something that we could get the whole community involved in," he said.

Nicholson explained to council that he could install a number of eight-inch pipes into the sidewalk, into which Haliburtonian memorabilia can be placed. The pipes will then be sealed and a plate put over them to secure the capsules in place.

"We could have a contest in the schools to come up with items to put in the

capsules, something from each of the three schools," said Nicholson. "And, I thought we might ask the arts community, BIA, Chamber of Commerce, residents and cottagers, too."

The differentiation between residents and cottagers intrigued councillors.

"Cottagers may have a different idea of what Haliburton is all about; a different perspective that I think would be good to include," Nicholson explained. "Basically, I think this is a great opportunity for local people from all walks of life to be involved with the streetscape work, and, in the future when the capsules are opened, too."

A consensus of councillors was taken and as all were in favour of the time capsule idea, reeve Fearrey told Nicholson to go ahead.

Watch this space for more information on the time capsule competition and get thinking just what you'd pop into an eight-inch diameter tube that exemplifies your Haliburton.

Roads department purchasing new trucks

Dysart council's Roads Department will be getting two new trucks soon, following agreement by council that it can spend \$85,000 on a new half-coupe pick-up and a one-tonne truck with a drop box and plow attachment.

Park Street to get sidewalk

The Dysart roads department has requested that the \$187,000 allocated in the 2012 budget for remedial work to sewers on Park Street be rolled over into the 2013 financial year. The move will enable the department to consider additional works including installing a sidewalk on the street next spring.



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Highlander arts

Haliburton County's Hot Reads

The following are the top five fiction and non-fiction titles as requested this week at the Haliburton County Public Library.



HCPL's TOP FIVE FICTION

1. *Fifty Shades of Grey* by E.L. James
2. *Trust Your Eyes* by Linwood Barclay **++**
3. *Up and Down* by Terry Fallis **++**
4. *The Casual Vacancy* by J.K. Rowling
5. *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce



HCPL's TOP FIVE NON-FICTION

1. *Wild: From Lost to Found on the Pacific Crest Trail* by Cheryl Strayed
2. *Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health* by William Davis
3. *Quiet: The Power of Introverts in a World That Won't Stop Talking* by Susan Cain
4. *Thinking Fast and Slow* by Daniel Kahneman
5. *The Whistling Barber Returns* by David Chilton **++**

For fans of Helen Simonson's *Major Pettigrew's Last Stand* and Julia Stewart's *The Tower, The Zoo and The Turnip*, there is a new title for you on our top five popular fiction list.

The Unlikely Pilgrimage of Harold Fry, long listed for the 2012 Man Booker Prize, follows an unlikely hero named Harold Fry. For this modestly shy, retired brewery salesman, spontaneity has never been a strong suit so it is quite unusual that he decides on a whim to walk the distance between his home in southern England and the hospice where his long-lost friend, Queenie Hennessy, is dying of cancer.

The motivation behind the trek and why he is burdened by guilt and the need to atone are gradually revealed throughout Harold's arduous journey, which covers 627 miles and 87 days.

The Haliburton County Public Library has this novel in both print and e-book formats – reserve your copy today!

Library News: We're running children's programming on Saturday mornings at the Dysart (Haliburton) branch throughout October. Stop by at 10 a.m. for stories, games, crafts – free FUN!

Painting the divide



Photos by Douglas Pugh

Scott Waters's most technically pleasing work, 'Then and Now', combining visual and textual art.

By Douglas Pugh

War, a short word that covers so much in time: losses, violence, conflict, death and even their opposites: peace, compromise, life.

And when an art exhibit is held in town it is quite easy to go into it with preconceptions, the art that perhaps glorifies war or maybe tries to capture the grief, the anguish. Not that there is anything wrong with portraying those, they go hand in hand with the subject matter.

"I wanted to portray how different a society the military is,"

says Scott Waters, the artist – himself having served in the Canadian Forces between 1989 and 1992. "By necessity they stand apart from the norms of what the public accepts. The CFAP program is ideal to explore that, maybe help the public understand."

The Canadian Forces Artist Program (CFAP) runs every two years, engaging artists from every aspect of expression, word, music, dance, the visual. The artists go alongside serving military, Waters having taken part in training camps and exercises in Edmonton, CFB Suffield in Alberta and even Texas.

"The original plan was to go along to Afghanistan but they weren't sure of the environment at first, how the operation would pan out, so that got deferred," says Waters.

He did get to Afghanistan eventually, but by then rather than a battle it was more of a peacekeeping operation. Still difficult and dangerous nonetheless, Waters went along for a month to Kabul, packing not only the weight of combat equipment but also notebooks, a camera and sketchbooks.

"The sketches themselves were not important – I do my art from photographs and the writing – but the sketching served

as a reminder to the company that I wasn't a journalist looking for a scoop. I wanted to know them."

Not only did Waters give an introductory talk at The Rail's End Gallery, fielding a bunch of questions from the audience, but he also gave a reading from one of his essays that had been included in the anthology, 'Embedded on the Homefront' (published by Heritage House in 2012).

The art itself varies widely, some are text excerpts from his notes on canvas, occasionally paired with a visual painting too. Others quite simply are open and honest portraits of soldiers on exercise or in training. One particularly captures the eye, painted on plywood, the wood still exposed, knotty. Even the stamped ink is visible in places from the manufacturer's process. The soldier depicted is lifelike yet oblivious to his own rugged backdrop, finger poised by the trigger. "It's not so 'arty' as perhaps a canvas is, more a working class background," says Waters. "The knots I see as wounds perhaps,

wounds that are part of a serving man's construction. Ingrained."

Asked which piece is the most important to him, Waters points to a small panorama of the night sky lit by tracer fire.

"It's still a little wet that one, the night sky at Suffield during an exercise. The officer in charge of laying down that tracer fire was Greff. He was the only casualty from India companies tour in Afghanistan," says Waters.

The title alongside the piece carries a small dedication.

Seldom Seen: Traces of a War will run as an exhibit at The Rail's End Gallery until Jan. 12.



'Two Blackmore' by artist Scott Waters.

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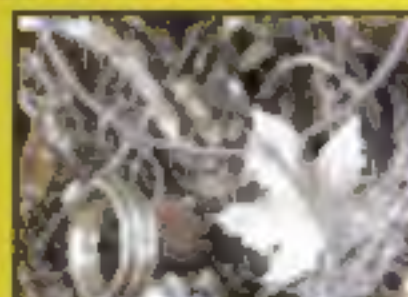
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Highlander community

SIRCH helps find life after loss

By Lisa Harrison

When Sue Forbes died of stage IV ovarian cancer in May 2011 after battling the disease for more than two years, her partner of two decades got busy.

Karen Albert says she found keeping busy kept her from feeling her grief so deeply, but after about six months she finally felt ready to start dealing with the pain rather than burying it.

"I got to the point where the doing and the going and the being with friends and family maybe wasn't enough," she recalls. "I would come home always to the empty house and I wasn't coping with the situation... I got to that point where I just had to talk to somebody about my situation that wasn't family and wasn't a friend — though he's become a friend."

Forbes had found great comfort in a SIRCH Community Services support group, and Albert turned to SIRCH for bereavement support. SIRCH paired her with volunteer Paul Irwin.

"When the main person in your life passes away, right afterwards there's so much to do and there's a lot of family and friends around to support," says Albert. "The Haliburton community has been exceptional, the most supportive community I've ever lived in. But after a period of time... you have to face your new reality. So this is where Paul comes in and he has been... just the greatest gift to me."

Albert says she knows herself; she would have jumped into travelling and kept busy to avoid confronting her feelings.

"Paul really provides an oasis for me and is guiding me along this path of my new reality... with Paul's wisdom I'm making my way along the road."

"It's a real opportunity for people who are deeply bereaved

to find somebody who wants to hear their experience and their feelings... and to [find the depth] you really need to go to if you're going to gradually move from deeply hurt to less hurt to gradually reconstructing your life," says Irwin, a former United Church minister and hospital chaplain specializing in palliative care.

"You only do so much of that with a friend because you're waiting to have them come back."

SIRCH bereavement support volunteers receive careful training to ensure they can provide effective bereavement support. Irwin refers to the support process as "very intentional accompaniment."

"I would consider it walking beside Karen," says Irwin. "I realized of course that she was in a lot of distress and a lot of pain and needed to talk about that. So always listening, providing a real, hopefully sensitively open ear to hear and to allow the person to reflect at perhaps a deeper level than you would do by yourself... healing comes. To name anything gives you some power and therefore you're no longer quite the victim of the feeling."

Albert describes Forbes as "an almost larger-than-life person", full of joy, a people-person whose funeral was attended by 300-400 people. After a euthanasia Labrador, Sadie arrived as a pup two days before Forbes received her first news about an abdominal aortic aneurysm. While Sadie is a great comfort, Albert's pain continues to surge back, full-strength, unexpectedly.

"Grief is an insidious thing," Albert says quietly. "For awhile, you know, you think you're doing better... then all of a sudden it springs out of nowhere and it's right in your face again. I think what Paul is helping me to do is move it from

right in my face to at least beside me, and maybe at some point will be behind me a bit, but not yet."

In addition to visiting with Irwin, Albert joined the new SIRCH-sponsored support group *A Journey through Grief*. The 13-week course in Haliburton features videos by grief therapist Dr. Bill Webster. Participants can talk or not as they choose, and can join at any time and repeat sessions and courses. A second group, the Bereavement Group, operates from Minden United Church.

"I've found it very beneficial at this stage," says Albert of the Haliburton course. "I don't know whether I could have done it earlier, but I'm at the stage where I can see things in these videos that apply to me... Everybody's experience is different of course, but this I think is an excellent opportunity for people to deal with their grief in a very safe environment."

"The vast majority of people who are bereaved won't avail themselves of [support] because of good old denial," says Irwin. "The normal human tendency [is] to try to shut off the pain... to be sociable, to get on with things... Ungrrieved losses stay with people for a lifetime. They surface at the weirdest times. They cause illness. It's very important work for us to do if we really want to pull our lives back together."

This May Irwin assisted Albert and other Forbes family members in celebrating Forbes on the first anniversary of her death, an experience Albert is very grateful for. They read her poetry, reminisced and released balloons.

"It was quite lovely," says Albert, smiling. "Even the rose-breasted grosbeak [Forbes's and Albert's favourite bird] showed up."

For more information, call 705-467-5742 or email her at 1-800-465-7025 or visit www.sirch.ca.

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Highlander outdoors



Photo by Matthew Deereomers
David Flowers of the MNR collects eggs from a female Halibut Gold Lake Trout.

HHOA collects eggs on Halls Lake

By Matthew Deereomers

Volunteers from the Haliburton Highlands Outdoors Association (HHOA) fish hatchery joined the Ministry of Natural Resources (MNR) at Halls Lake on Oct. 22 to collect fish eggs.

Haliburton Gold Lake Trout fish eggs, to be precise. David Flowers, fisheries extension biologist with the MNR, said the collection was part of an ongoing partnership between the ministry and the HHOA.

"They have a select number of lakes the ministry identifies as a target and they're missing the local Halibut strain (Halibut Gold) to put into local lakes," he said. "It's an effort to reintroduce the local strain as opposed to some of the Great Lakes strains that we stocked in the past."

Flowers said some of the lakes do better with the local strain. "We're targeting certain lakes with our Halibut lake trout project to look at how successful they are, specifically for rehabilitation purposes."

This time of year, the lake trout are in shallow waters spawning. The females lay eggs in cracks and crevices as the males swim past and fertilize them. Flowers said they would need about seven females to meet their goal of 7,000 eggs collected, one of the hundreds of females currently laying their eggs in the lake.

"We've identified some of the key spawning areas on this lake," he said. "It has a very healthy population, that's why we're here. We're only out here one night a year to collect a few eggs for the hatchery."

Of the 7,000 collected eggs, Flowers said they usually stock around 4,500 fish, seven to eight inches long.

"That's a really good survival rate because when you collect them, there's some eggs that may not survive or haven't fertilized."

"It's a lot better than what Mother Nature would produce," he said. "We're only taking a few eggs from this lake. The eggs we're taking from the lake we're able to raise, get good survival and put them in lakes where we want to reintroduce the strain."

Once Flowers brought the lake trout to shore, approximately 12 volunteers collected the fish and started milking them for eggs and semen.

Ron Sadley, a volunteer with the HHOA, led the collection.

"We squirt the eggs in [the basin]," he explained. "You put the half the eggs from each female in each basin. We usually have one male to fertilize two fish."

Sadley said depending on the fish, one female can provide 1,000 eggs.

"The males have to be ready to go," he said. "Usually we don't take all the eggs out of the female. We let her go back and finish the job."

Once the eggs are collected, the fish are revived in the water. No mortalities occurred during the collection process.

Once the collection process was done, the volunteers rushed the now-fertilized eggs to their new home at the fish hatchery on Cedar Road.

"These eggs we're getting tonight will hatch between Christmas and New Year's," Sadley said. "They'll be stocked in spring 2014. They're in our building for 18 months, from egg to release."

Now that the eggs are safe in the hatchery, the work is still far from over. The water must be constantly monitored, and dead eggs will have to be removed from the beds.

Once the eggs hatch, they will need to be fed three times a day and tanks need to be cleaned and monitored.

Sadley said the HHOA is always looking for more volunteers to help out around the hatchery.

Would we ever feel the same

By Barbara Sata-Knight

Recently, my husband and I had a glorious opportunity to puppyback a sightseeing tour onto a business trip. We used the excuse it was our wedding anniversary and well...why not? We skipped over to Lake Louise and Banff for the weekend, after a Calgary conference ended.

It took less time to reach Lake Louise from Calgary than our home to our cottage, but the scenery was miles apart. With every turn of the road, we were looking and taking pictures. Our cameras and cell phones were clicking repeatedly. The Rocky mountains are amazing, powerful, rugged and pristine.

Our first stop was Moraine Lake just outside of Lake Louise. Here, ten mountain peaks are reflected in the calm waters. And oh that water – its colour is so unique, so turquoise, so glacier, so distinct.

After hours of walking along its shore, we piled back into our car and retraced our route down the mountain and headed

toward Lake Louise. Unbeknownst, the best was yet to come. Our first glimpse of the lake was through our elevated hotel window. This natural wonder took our breath away. No photograph could capture the beauty. The magnificent colour of the lake, the sharpness of the mountains and the sheer size of the snow-capped peaks were expressed in our hearts forever. We fell in love with it all.

Then it occurred to me – what would we think of our place back home in the Highlands? Would it pale in comparison to these majestic peaks and colourful glacier lakes? There would tell. We spent less than 48 hours in the Rockies and were quickly back to a place home-ward bound.

A week of office work and mundane household chores passed quickly and once again our Friday trek to the cottage was upon us. We headed out late and arrived after dark. I opened the car door and my senses awoke. There was no denying that fall had arrived, as the scent of freshly fallen leaves filled the air. A distant call of the loon echoed. The

Cottage Vignettes

night sky was filled with the brilliance of an uncountable number of stars. I could feel the connection between all my skin. The familiarity of the path that leads to the cottage welcomed us and the comfort of our bed allowed a deep calm sleep.

Suzanne found us standing on our deck gazing out across the lake, from this vantage point we see no cottages. We enjoy a lovely view of trees and water. Our living room windows offer the same vista. From this angle we feel as if we own the lake and are the only ones on its shores.

No, we didn't feel the same about our place in the Highlands. We felt better. We looked at each other and smiled. This was home. Lake Louise is spectacular but it just can't compete.

This is the last Cottage Vignettes of 2012. Look for this column again in the spring as Barbara continues to explore life at a cottage in the Highlands.

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Highlander sports



Photo by Warren Riley

Red Hawks' #24 Jessica Bishop takes ball possession from Mustangs.

Red Hawks take the Kawartha championship

By Warren Riley

There is an old adage that goes, "When you're hot, you're hot" but in the case of the Girls Red Hawk Field Hockey team on Oct. 22, they were blistering.

The Red Hawks wanted the Girls Field Hockey Kawartha Championship in a bad way. From the start of the scoreboard clock, the Red Hawks were in complete control against the number two Crestwood Mustangs of Peterborough.

The first goal of the game came from Red Hawks' #14, Laura Pottier, who intercepted a Mustang pass, fired it past the goalie's open right side and into the top right corner of the net. The Mustangs never knew what hit them.

Red Hawks' #29, right-wing Breana LaRue, took advantage of a missed pass, played the ball into the Mustangs end and scored the second goal during a flurry of action around the exposed net. The visiting team looked dejected with the score now 2-0 Red Hawks.

The third and final goal of the game was scored by Red Hawks' #25, left-wing McKenzie Hill. Hill took a professional golf swing at the ball, which whizzed by the goalie and into the back of the net. It was game over for

the Mustangs with a final score 3-0 Red Hawks and the prestigious championship.

Euphoria set upon the field as the Red Hawks cheered and high-fived each other.

The challenges and hard work leading up to the championship for Coach Caley Sisson had come to fruition. "I felt the girls had a fantastic game today," said Sisson. "This is the first of what I felt like was the first competition this year in terms of play against Crestwood. They definitely gave them a good run for their money for sure giving our defence a good workout, which never really occurred very much this season."

"I think the 3-0 win for them was great," Sisson continued. "They had lots of scoring opportunities and capitalized on them and I'm very happy about that."

One of Sisson's goals this year was to score through the concept of a 'short corner'. A short corner is an alternative strategy for the attacking team. The ball is kicked to a player located within ten yards of the kicker creating a better angle of approach toward the goal.

"One of our goals was scored off a short corner which I'm very proud of them for that," Sisson added. "They worked

very hard and I can't think of a better group of girls to work with. It's been a great season."

As far as improvement goes, Sisson was blunt in her

"What we needed to do more, which they did eventually, was to carry the ball on our strong side. When you try to carry the ball on the weak side, you tend to get more calls against you and it's more of a detriment than a positive. When they managed to swing the ball and play it more up the right, you could see how they were far more successful that way."

"The defence also made some adjustments in terms of channelling back and having our centre play high and that seemed to work out very well," she continued. "The other modification we made is Crestwood is very good at hitting and stopping the ball and we weren't as successful at that, so we changed our game to more of a quick self-pass. As soon as you get the free hit, move with the ball."

The team listened to Sisson's instructions and in doing so, created more opportunities for scoring. This will definitely give the team an edge in Thursday's game where they will be playing for the Central Ontario Secondary School Athletics (COSSA) Championships.

Highlander sports



Photos by Warren Riley

HHSS Red Hawk Louis Ferracuti blows past Griffin defenders.

Athletes to watch For love of the game

By Warren Riley

The combination of outstanding scholastic aptitudes and athletic leadership is a dream for many a student. Fourth-year student Louis Ferracuti of Haliburton Highlands Secondary School definitively fits into both classifications.

Ferracuti is an academic achiever with remarkably high marks. He plays midback on the HHSS boy's senior football team and is a hard-hitting and aggressive player. As a determined and determined individual, Ferracuti puts his talents and enormous energy into accomplishing whatever task is at hand.

When asked about his academic marks, Ferracuti was modest with his response.

"I'm in the low 90s range and taking new courses," he said. "I'm now taking biology and physics this semester."

Although Ferracuti is a future

is still up in the air he has made the decision to further his education upon his graduation.

"I'm not sure and I haven't decided yet. I haven't figured too much out just yet what I'll do, but I will be applying to a couple of schools in a couple of months (like) Queen's University, Guelph, McMaster and McGill University."

Besides playing football, Ferracuti intends to continue playing sports once the football season is over.

"I'll be playing on the basketball team once the season rolls around."

There is always the reality of injuries in football and Ferracuti's parents have reasons to be concerned. Having already suffered several injuries, Ferracuti explained his mother's trepidations.

"My Dad's fine but my Mom is worried about my collarbone because it has been broken twice, once playing rugby and once playing football. This happened a couple of years ago. In Grade 10 it broke playing rugby and I broke it again in Grade 11."

With a twice-broken collarbone, Ferracuti refuses to eliminate sports activities altogether, especially football.

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Highlander sports



Photos by Warren Riley

Left: Stewart Chauck eats an elbow from Griffin's #18. Right: Jonah Stonehouse nails Griffin's #88.

Red Hawks defeated by TAS Griffins 33-6

By Warren Riley

Losing key players will have a detrimental effect on any club at any time. But for Red Hawks coach Tim Deves, that element of surprise became a twist of fate for his team's game against the Thomas A. Stewart (TAS) Griffins on Oct. 19.

During the first and second quarters, the Griffins kept hammering away at the Red Hawks scoring four unanswered touchdowns. The Red Hawks tried valiantly to get on the scoreboard. With fumbles, missed catches by receivers and lost yardage, the match culminated into a no-win scenario for the Red Hawks. At the end of the third quarter, they were down 26-0.

At the 9:28 mark of the fourth quarter, Griffin scored their fifth touchdown making the game 33-0. With 30 seconds left in the final quarter, the Red Hawks got on the scoreboard with

a touchdown. Final score, 33-6 Griffins.

The game just wasn't in the cards for the Red Hawks. Coach Deves didn't elaborate, but just moments before the game started, he received a major blow.

"The one thing nobody knows is that we had an unfortunate incident occur just before our game," Deves said. "Two of our starters didn't play including our starting quarterback and that hurt us a lot."

Although a bad hand had been dealt, Deves commanded his

"They picked up a lot of slack, they learned a lot of things they didn't already know and they put forth the best effort we could give," he said. "We had a number of injuries which hurt us today as well and that also affected the outcome of the

"It was not our starting quarterback throwing the ball, it was

not some of our starting receivers who were trying to catch the ball or run the patterns so obviously that was all confusing you might say."

Griffin's coach Ryan Twomey felt the game results were 'not bad' in his estimation.

"We did pretty well today," he said. "They [Red Hawks] have a really young football program and have a lot to work on. They have already improved since the last time we saw them and what they have learned so far they're doing really well."

"We stuck to what we do best," Twomey continued. "We didn't try anything too crazy and we kept in our comfort zone and our defense had to struggle to bring the ball back for us when we didn't complete our goals. It felt real good getting 33-6 up here against the Red Hawks."

Varsity B team wins Kawartha Field Hockey championship

By Warren Riley

Not to be outdone by their counterparts who won the Kawartha championship, the Red Hawks Girls Field Hockey 'B' Team also won their championship in the Kawartha 'Varsity B Team' championship on Oct. 23.

Another prize to the school's trophy case was added by winning their first game against Lindsay's St. Thomas Aquinas 5-0 and the second game 2-0 against Peterborough's Crestwood Mustangs.

NHSS Coach Steve Smith was initially concerned at how his team was performing.

"Well, the first game and the second game were almost similar in styles of play," he said. "Our girls came out a little flat in the first game. They were working hard but they just never seemed [able to get] the ball in the net."

"It wasn't until the second half [of the first game] that they

kind of woke up and connected with the ball and actually found the back of the net. Once they scored, the butterflies kind of went away."

Red Hawks' right-wing Alexandra French was excited at winning the championship.

"I thought the first game was really good. We did a lot of passing and we got five goals against the other team," she said. "In game two we played harder because we were the same strength against each other basically. Once we were in the second half, we stepped up and got two goals and the win."

For #25, left-defence Jade McCarthy, the competition was straightforward.

"We beat St. Thomas Aquinas 5-0 because we were more experienced with field hockey," she said. "Overall, it went pretty well but a bit one-sided at times."

Goalie Sydney Cameron for the Red Hawks felt the tournament went according to plan.

"I felt it went pretty good as it [the ball] was in their end most of the time so I just kind of sat at my end 'cold,'" she said. "The defence did really good and I didn't get any shots on me in the first game. In the second game I got about four shots on me and one of them I had to dive for but it was fun."

The second game was a mix of slip-taps for the Red Hawks. "They were kind of tripping over the ball and having a hard time controlling the ball," said Smith. "In the second half they got their first goal and you could see them relax a little and if they got one more goal they would have everything in hand. They definitely had some talent today. Right from our goalie up to our forwards they all played exceptionally well."

"This is our championship and our girls did exceedingly well," Smith continued. "They have met my expectations."

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Highlander technology

The Computer Guy Windows 8 is the new XP

This new version of Windows is going to be a disaster, people say. It will be completely rejected by businesses, who will stick with old versions even after Microsoft drops support for them.

Its new interface is so hideous and unusable that customers who are forced to use it will trip over themselves finding ways to restore the old Start menu.

I am, of course, talking about Windows XP, which was released 11 years ago this week. It lived down all those insults and dire predictions for years before it finally and implausibly became a success.

I keep reading that businesses are going to switch Windows 8. News flash: businesses snub every new Windows version. It was true three years ago, and eight years ago, and 11 years ago.

Consider the dismal results as Windows XP celebrated its one-year anniversary.

Less than 10 per cent of Microsoft's installed base has upgraded to Windows XP since its release. That means that nearly 75 per cent of all corporate PCs were still running Windows 95, 98 or NT Workstation by the end of 2002.

Stop and let that sink in. Businesses were voluntarily choosing Windows 98 and even the despised Windows ME over XP.

A few years later, InfoWorld was collecting

hundreds of thousands of names for its "Save XP" petition.

The amusing thing about all this is that XP didn't need saving. It's still alive and well today, and will be supported by Microsoft until April 2014. Despite the early scorn, XP turned out to be the long-term support version, the one that businesses adopted and stuck with.

So what happened to Windows XP? How did its reputation improve after those early scornful reactions?

Mostly, it was time that did all the talking. As consumers picked up new PCs running Windows XP they got used to the interface. Microsoft released a series of service packs that fixed bugs and (notably with SP2) improved the generally woeful security of the initial release.

Even though I am not a great admirer of Windows 8, it's here to stay and eventually businesses and the public will become "used" to it. Who knows I may be trashing Windows 10 years from now and asking, "Why would you want to get rid of Windows 8?" Nahhh!

For questions or comments, e-mail me at computer_guy@haliburtonhighlander.ca. Happy and safe computing.



By David Sparrow

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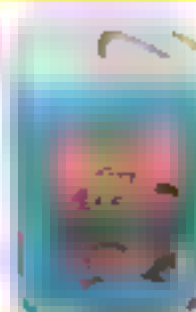
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Highlander health

Staff should get shot

continued from page 1

"If they're medically exempt, or if their physician has advised them that they shouldn't have the flu shot this year, if they have an allergy to different derivatives of the flu shot, [then they shouldn't get it]," she said.

Douglas said if you suffer from an active neurological disorder, you probably shouldn't get the shot. However, pregnant women and children under the age of five years old

"It's actually recommended for pregnant women now," she said. "[Children] are considered a high risk group. Children at that age range are in day care and nursery school. [With] the transfer of germs on toys and such, they're at high risk."

While the flu shot does not guarantee you won't get sick, Douglas said symptoms would be reduced.

"There's no guarantee," she said. "It's going to decrease the severity of your symptoms, hopefully decrease the amount of time you would be sick for, and therefore by decreasing your symptoms [it] decreases the risk of spreading it to others."

Douglas said the flu can be fatal in some cases.

"You can't make anyone have the flu shot that doesn't believe in the flu shot, but I can provide them with information as to why they should have the flu shot, and that way they can make an informed decision," she said.

Flu season can put a strain on emergency rooms this time of

"I think we get to the point where we take things for granted in terms of how the medical system can treat or protect you, but part of the way it tries to do that is on a prevention basis," Loucks said. "This is prevention at its most obvious."

"What we're trying to do here is demonstrate to particularly our own staff that they should get the shot, but we're also trying to get that same message to the public because people start to take things for granted," he said. "If they think about taking the time to get the shot now, it might prevent time lost later on, and the unpleasantness that goes with that."

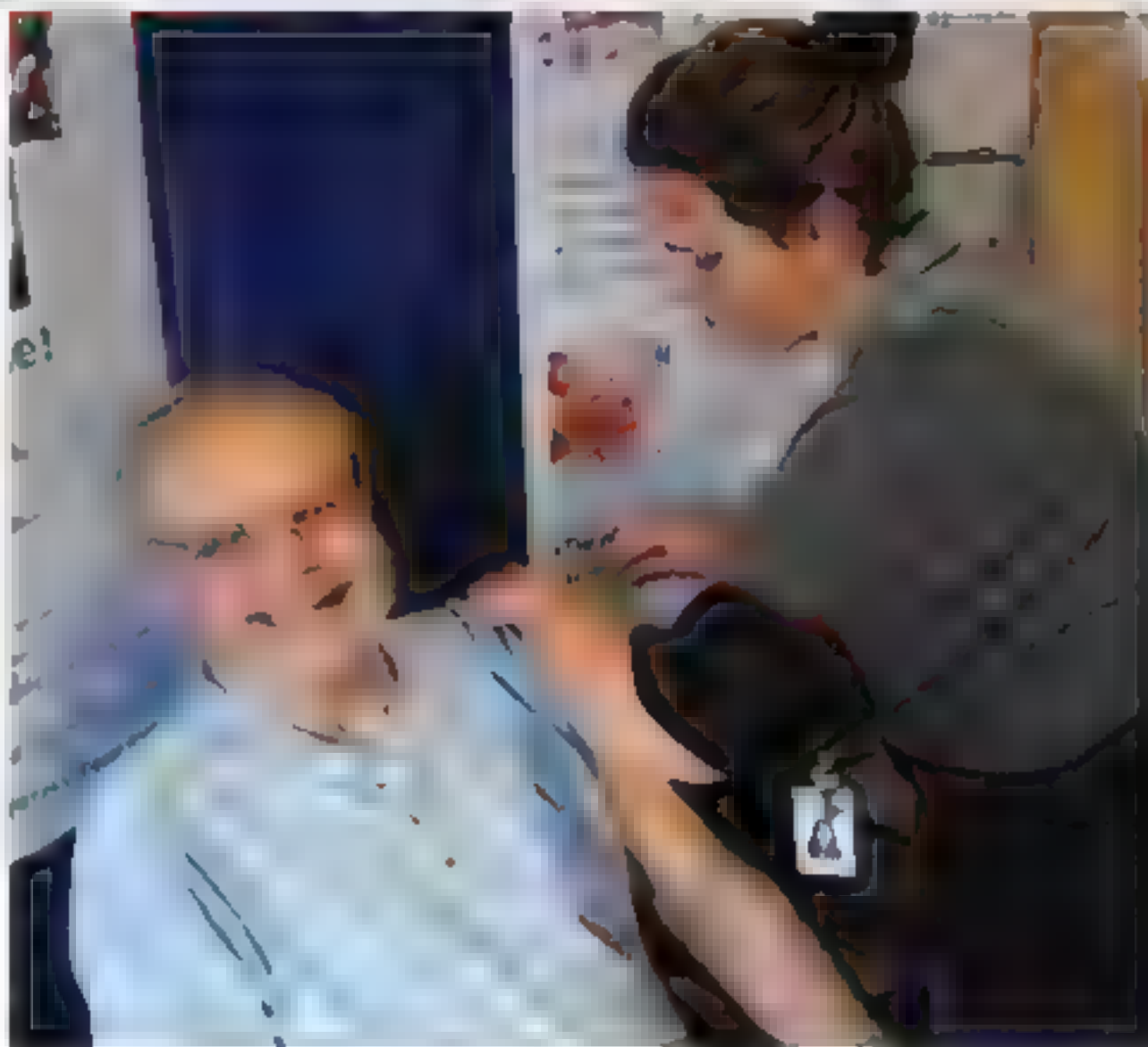


Photo by Matthew Desrosiers
Michelle Douglas administers the flu shot to Foster Loucks, interim HHHS CEO, at the Haliburton hospital.

Scott takes dental campaign to province

By Mark Aris

Haliburton-Kawartha Lakes-Stock MPP Linda Scott says that the over 900 signed dental postcards her office recently received will be delivered to the Ministry of Health.

"Now that we're prorogued [the Ontario legislature] it's a bit of a challenge," said Scott. "But we'll deliver them to the Ministry of Health and probably put in a letter to say we've received them from the riding."

Scott added that once the legislature resumes, she will try to strike up a conversation about the current dental dilemmas facing adults who require dental care.

"When we get back to the legislature I will try to bring it up in some type of conversation," she said. "It's good to just talk about it."

The 900 postcards - over 200 of which came from Haliburton County - were part of a province-wide campaign initiated by the Ontario Oral Health Alliance. The campaign is

designed to urge the Ontario government to expand financial support programs to include adults and seniors who cannot afford basic dental treatment. Currently, dental service are not covered by the Ontario Health Insurance Plan (OHIP).

Scott said that local programs such as the Volunteer Dental Outreach for Haliburton County (VDO) are doing a good job of tackling the problem, however more work needs to be

"A lot of times you have the working poor, who could actually get better jobs if they could get some assistance with some of their dental treatment. I'd like to see... the programs catch more people who need the assistance."

She said it helps when community members unite to try and come up with solutions to the problem.

"The component of community involvement is very important. Governments just can't roll out the dollars all the time."

Lisa Kerr, one of the founding members of the VDO,

believes it will be difficult to break the current cycle until all generations can access proper oral health care.

"It's encouraging that the government has implemented programs such as Children in Need of Treatment and Healthy Smiles for children up to age 17," said Kerr. "It is a step in the right direction, however, at the VDO we are seeing the parents and grandparents of children who are unaware that these programs exist for their children and therefore are not accessing the available help."

She said education about prevention is just as important as

"The cost of prevention and early diagnosis is much more reasonable than dealing with emergency treatment and tooth loss. We've seen cases of young men unable to eat anything

whose only option prior to coming to the VDO was visiting the hospital emergency department."

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LOST BLACK CAT, lost on the night of Thursday, Sep 6 at Hunter Creek Estates, could have travelled. Very friendly, answers to Slater. He is on a special urinary diet. Please call Sonya at 705-286-6379, reward offered. (TFN)

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Highlander events



Photo by Lyn Winans

Men from around the county strolled the Riverwalk on Oct. 20 to raise awareness of violence against women in Haliburton County.

These heels are made for walkin'

Men stand tall in support of YWCA programs

By Mark Arie

I've dressed in costumes and danced on main street. I'm not the next Haliburton County Idol but give me a mic and I'll be the first to take centre stage.

Performing for others has long been a pastime and passion of mine.

But even with all those costume changes, rehearsals and time spent in front of crowds, it was hard to prepare for what I was about to do on Oct. 20.

A few weeks back I accepted the daunting challenge of strapping on a pair of red high heels for the first-ever Walk a Mile in Her Shoes event in Minden. I thought, "It's not often you'll find a group of grown men sporting flimsy pumps as they wobble their way along the Riverwalk, right?"

I knew I'd be part of history at the making – all made possible by the local YWCA and event organizer Sarah Adams.

At first I was unsure if men who signed up would actually show up and accept the fact that they'd be seen in women's shoes. After all, it wouldn't be considered one of the most manly activities on the planet. But as a participant, I couldn't disagree more.

I was one of 61 men who decided they were brave enough not to care about looking girlish or goofy. Well-known members of the community, including firefighters, OPP and even a few politicians, stood tall in their borrowed foot-wear to send out a strong message: we oppose violence against women and children.

When we gathered along Bobcaygeon Road and set out from The Dominion Hotel for our mile-long walk, everything seemed to be in alignment. The sun peeked out from the clouds, the temperature was reminiscent of springtime and

My unit probably didn't have the finest form, but this event wasn't about looking good. Our main aim was to raise awareness about the ongoing dilemma that faces women and their children in Haliburton County. As a united force, we were also able to raise over \$16,000 for the Haliburton Emergency Rural SafeSpace (HERS) program. Because of it, local women and children have safe place to go after fleeing from an abusive relationship.

In the event's opening ceremonies, Cheryl Denomy, director of resource development for the YWCA, revealed just how prevalent domestic violence abuse is in Haliburton County.

"In 2011, the women's centre received over 500 calls from women needing help, hope and emergency accommodation for themselves and their children," said Denomy.

"Last year HERS was doubled in capacity to two self-contained units due to the overwhelming demand in the

county."

What we were doing would make anyone laugh. But the cause was no laughing matter.

"Walk a Mile in Her Shoes could be misconstrued as a lighthearted approach to a serious and often deadly social issue," Denomy told us. "Make no mistake, what you are about to do is very important. You are bringing awareness of the YWCA programs to residents of Haliburton County, and you are demonstrating that domestic abuse is not acceptable and that it cannot and will not be tolerated."

MP Barry Devolin sent the message that no one should fear seeking help when they feel they have nowhere to turn.

"There is no shame in asking for help and telling somebody about it," said Devolin. "This is true for elder abuse, bullying, and women who are enduring suffering from domestic abuse. There's no shame in stepping forward and asking for help, and seeking a way to protect yourself and your children."

Devolin was one of a few politicians who embraced red and gave his calves a workout that day.

So was it uncomfortable? Yes. Did the mile seem more like two? Definitely. But those few minutes of pain and discomfort pale in comparison to what women and their families have to endure when they're trying to escape – and give themselves a better life.

I'll be thinking about all of that the next time I slip on a

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Highlander events

Toe-tapping at the Dominion



J.P. Cormier and the Elliot Brothers perform at the Dominion Hotel on Oct. 21.

By Warren Riley

Presented by the Haliburton County Folk Society and artistic director Sean Pennylegion, the evening of Oct. 21 was a sold-out crowd at the Dominion Hotel in Minden.

The menu included great food, good friends and toe-tapping country music. Highlighting the evening's entertainment was 'J.P. Cormier and the Elliot Brothers' with opening guests 'Amelia and the Mayor'.

"This is really the beginning of our 2012-2013 season," said Pennylegion. "We have seven shows on the go, six of which, because of the timing, we had booked the show prior to getting involved with what we are calling our series starting on Nov. 16 and go on till next June."

"We are involved with a variety of folk talents from across the country," Pennylegion added. "Haliburton County has really become a focal point for the performing arts in general and especially in the folk world. This community gets performing arts whether it be dance, film, theatre or music; we get it and we thrive on it. The Haliburton County Folk Society is a part of that whole process."

Haliburton now has the kind of reputation that draws the finest folk talents according to Pennylegion.

"We are getting calls constantly to book with us," he said. "That is a big deal. We are doing well. One of the things that we love and revel in doing is bringing talent to the community that a lot of people haven't heard of."

Photo by Warren Riley

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Highlander events

CARP holds first meeting

By Warren Riley

CARP Chapter 54 held its first general meeting at the Minden Legion on Oct. 17. Chair Bob Stinson was delighted with the turnout. The meeting had created great interest in local residents as was indicated by the attendance.

Stinson described what CARP was all about, its benefits and why a chapter was formed in Minden.

"I saw in a consumer's magazine that CARP was considering the idea of starting chapters anywhere (in Canada) and I decided that it would be a good idea. So, I went after it. It's similar in nature to the AARP (American Association of Retired Persons) in the United States."

CARP stands for 'Canadian Association of Retired Persons' but Stinson dislikes using the word 'retired' as it refers more to a moving target these days.

"We prefer to replace it with the word 'vitalized.'"

In Stinson's mind, CARP is basically an advocacy group with 'a new vision for the aging in Canada'.

"There are a lot of benefits for CARP members such as deals for insurance and travel benefits and a lot of people join just for those benefits," Stinson said. "Overall, it's a nationwide club and not just for seniors. The target group is 45 years of age and upwards."

Stinson intends to provide one meeting per month for its chapter's members.

"We had our launch a month ago and we want to have a meeting every month in different places throughout the county."

One of the honoured guest speakers at the meeting was Ian "Scot" Morrison, a former NHL referee and the former president and chairman of the Hockey Hall of Fame.

The next meeting is tentatively set for Dec. 5 at the Haliburton Curling Club.



Photo by Warren Riley

Left to Right: Vice-chair Peter Minaki, Chair Bob Stinson and Sootie Morrison.

Toonies for Teeth a success!



We would like to thank the community and six of our local grocery stores, Haliburton Foodland, Dollo's Foodland, Wilberforce Foodland, Todd's Your Independent Grocer, Eastern's Valu-Mart and West Oakes Shopping Centre for helping us raise \$1,080.25 in the first "Toonies for Teeth Tix Act". During the campaign, shoppers were able to donate \$2 with their purchases - funds that will be used to support the ongoing operating costs of the Volunteer Dental Outreach for Haliburton County (VDO).

Special thanks go to Betty Mills and Janis Pomeroy for coordinating the campaign which took place between August and September.

Be on the lookout for when Toonies for Teeth hits your local store next year!

For more information about the VDO visit www.dental-outreach.com or call 705-457-9111.

To date our volunteer dental professionals have combined forces to provide 245 patients a total of 1,054 appointments and over \$350,000 in dental care for those unable to afford dental treatment.

Hospital auxiliary hits fundraising target

By Mark Arlio

The Haliburton hospital's emergency room is going to be receiving two new hydraulically controlled examination tables thanks to the Haliburton Hospital Auxiliary.

The auxiliary raised close to \$13,000 at the eighth annual Taste Of Italy fundraiser held on Oct. 20 at the Haliburton Legion. The funds will be used to purchase the equipment, which is expected to cost around \$17,000.

"It was a very good evening," said Judy Skinner, event convener and past president of the auxiliary. "People had a good time and we're very pleased."

The sold-out event brought 200 people to the Legion for a spaghetti dinner and silent auction. The meal was prepared by auxiliary volunteers and served by Heritage Ballet dancers. Cane FM personality Mike Jaycock was the emcee for the night.

Debbie Watson, chief nursing officer for the Haliburton hospital, spoke about the significance of the auxiliary's contributions.

"Just the other day we were talking at work

with some of the physicians and nurses about what the auxiliary purchased for us last year," said Watson. "One of the items that continues to be brought forward is the new emergency room lighting."

Watson explained that the hands-free lighting helps staff provide great care to patients.

"The staff just can't believe the difference it's made in our emergency department."

The most recent equipment purchase will benefit "the population we serve in this community," she said.

"They are [tables] that work on a push of a button, so that means they are accessible to people with disabilities and seniors."

The auxiliary is currently in the midst of selling Christmas ornaments to raise funds for future equipment purchases. The two-dollar ornaments are made by auxiliary volunteers and sold in front of the Steinhilber's V&S Department Store in Haliburton.

For more information call Judy Skinner at 705-457-3333.

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